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RIP: ANISTON'S SINGLE DAYS {page 09}

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The new wonder wheel?

Calls increase to build a full casino — complete with table games — at Coney Island ◗ But some in beach neighborhood say 'no, thanks' ◗ Other spot suggested is former site of Shea Stadium {page 02}

▶ If Gov. Andrew Cuomo is successful in changing state law, table games, such as poker, blackjack and roulette, will be legal in New York state.

Coming in October

Meet Metro's brand-new knight editor

◗ The company he founded may be called Virgin, but Sir Richard Branson has a lot of experience to offer {page 07}

Considering a casino for Coney

Could slot machines join the arcade games and beach umbrellas at Coney Island?

Some local politicians hope so.

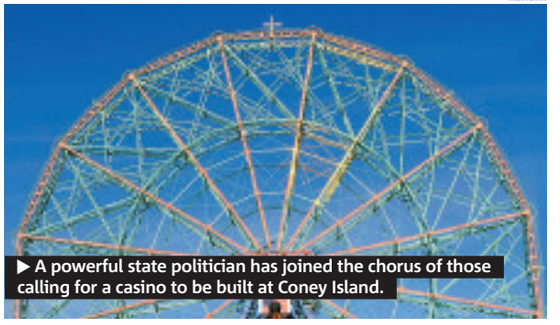
State Assembly Speaker Sheldon Silver is reportedly open to the idea of a casino in Coney Island.

The other spot pitched is Willets Point, Queens, on the site of the former Shea Stadium, the Daily News reported yesterday.

Silver wants a casino in a neighborhood that is already, or could become, a "destination resort area," according to the newspaper.

Another option could be Aqueduct Racetrack, also in Queens.

HEMERA



▶ A powerful state politician has joined the chorus of those calling for a casino to be built at Coney Island.

Brooklyn Borough President Marty Markowitz has also given a thumbs-up to the idea of a Coney casino, which he thinks could bring more people to the beach.

People flocking to a casino in Coney Island could make a day of it, he suggested, taking in a Cyclones game at night after a stop by the boardwalk or the New York Aquarium.

State politicians have started the process of legalizing gambling and authorizing full-scale casinos in New York state.

But not all Brooklynites are behind the plan.

Todd Dobrin, president of the Friends of the Boardwalk advocacy group, said nearly all locals he has talked with say "no" to a casino.

"They're concerned about all the negative effects of having the casino in their direct backyard," he said. "They're concerned with gambling addiction, any crime that comes with it, the negative effects of having gambling."

He added, "I don't know if Coney Island is the right spot to gamble." METRO/AB

New soccer stadium eyed in Queens

QUEENS. Soccer cleats might be coming to Queens. Major League Soccer is reportedly closing a deal with state and city officials for a $300 million soccer stadium in Queens, the New York Post reported yesterday. The brand-new facility would be in Flushing Meadows Corona Park, and include nine fields and 25,000 seats, according to the newspaper. Construction may begin as early as next year, with promises that the community could also use the fields. METRO/AB

In the news

Weiner living in $3M Manhattan pad

GRAMERCY. Anthony Weiner and his family reportedly have moved into a $3.3 million Manhattan apartment. According to the New York Post, Weiner and his wife, Huma Abedin, who works for Secretary of State Hillary Clinton, moved into a place on the 12th floor of a Park Avenue building, which is near 20th Street. The apartment is owned by a Democratic donor, according to the Post. METRO/AB

In the news

Cops hunt for Brooklyn groper

LEFFERTS GARDENS. Cops are looking for a teenager they say groped a woman in Brooklyn. Officials said the teenager exposed himself to the victim, 24, who was walking on Maple Street around 3 p.m. on Sunday. He then grabbed her before fleeing, according to the New York Post. Police described the suspect as black, 16 or 17 years old, and about 5-foot-11 and 155 pounds and wearing Adidas shorts, a blue T-shirt and sneakers with white laces in the right shoe and blue laces in the left. METRO/AB

Restaurants eager to see city fines reduced

City Council considering lowering some fines for non-food violations
Owners say bad letter grades result from violations as minor as broken tiles
Fines may get slashed, but letter grade system likely here to stay

Restaurants are desperate for a break from the city's aggressive health code fines — and they may get one soon.

Council Speaker Christine Quinn is considering legislation that could lower the fines for some non-food related violations at eateries.

Restaurant advocates hope this would relieve some stress from the letter grade system, which restaurant owners despise but diners say is helpful.

Councilman Peter Vallone said yesterday he supported Quinn's efforts to cut back fines for non-health violations such as water on the floor and broken tiles, which can cost eatery owners as much as $1,200.

Andrew Moesel, spokesman for the New York State Restaurant Association, told Metro the council has been reviewing suggestions he and others have made, which include lowering both fines and points for the non-food violations.

The A, B and C letter grades are given out based on a 1,200-point system. Right now, Quinn's legislation would only reduce the fines given out for violations. It would not reduce the points.

Restaurant owners complain that these violations contribute to lower letter-grade ratings — and fewer customers.

"When you see a B or a C, a restaurant is still sanitary enough to serve the public, but a lot of people see that and they think the conditions are incredibly unclean in the kitchen, which is oftentimes not the case at all," Moesel said.

Instead, he said, restaurants are penalized for things such as not having proper refrigerator ventilation.

"The system now is very punitive," Moesel said. "It's quite strict."

Quinn has previously supported simplifying the letter grades, like adopting the 100-point system Los Angeles uses, and has noted that even restaurateurs with A grades dislike the ratings. Other politicians, like Public Advocate Bill de Blasio, also criticized what they call the city's excessive fining. Mayor Michael Bloomberg, who could veto any bill to change fines, supports the letter-grade system.

"It would be fantastic to see the violations go down, especially because a significant number of violations are based on non-food related matters," said James DiPasquale, a lawyer who represents restaurants.

"My clients would absolutely love that," he added, but cautioned, "I just don't see how that would ever be approved."

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GETTY IMAGES

▶ Restaurant owners say the letter grades and aggressive fining system make it hard to stay in business.

Quoted

"Heavy fines for violations which have nothing to do with health concerns, like slightly broken tiles or three drops of water on the floor, can shut down a healthy business."
COUNCILMAN PETER VALLONE

Costly mistakes

Other than food violations such as keeping milk at a too-warm temperature, what are some of the things restaurants can be fined for?

- Not having shatterproof bulbs
- Broken tiles
- Dented cans
- Refrigerator ventilation
- Location of a drain
- Water on the floor
- Fines for all those violations can range anywhere from $500 to $1,200.

Queens mother charged with strangling son, 2

Police arrested a 29-year-old Queens woman early yesterday morning and charged her with killing her 2-year-old son.

Afriyie Gaspard was charged with murder and manslaughter after police say she strangled the child to death, reportedly because he was crying.

Police said they arrived at Gaspard's Jewel Avenue apartment in Queens on Friday, at around 5 p.m. after they responded to a 911 call she made.

There they found the baby boy, Izayah Hall, unconscious. They rushed him to New York Hospital in Queens, but he was pronounced dead.

The medical examiner declared the boy's death a homicide on Saturday after doing an autopsy. The ME's office found marks on the boy's neck indicating he'd been strangled.

At first, Gaspard told the arriving police officers on Friday that she'd dozed off for a nap and that the boy had been fine. But when she woke up to check on him, the baby was not breathing in his crib, she said yesterday, according to the New York Post.

But later the same day, Gaspard reportedly confessed to the crime, according to the New York Daily News. She told the police she put her hands on the boy after he would not stop crying. That was when she was arrested and charged with the heinous crime.

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Five children home at time of boy's death

Five other children were in Gaspard's apartment at the time the boy was discovered Friday, according to the Post. They were unharmed and placed in foster care.

This is not Gaspard's first run-in with the police over her children.

She was arrested in 2007 after her young daughter was found wandering alone near the public housing complex where she lives. Gaspard was charged with endangering the welfare of a child in that case. **METRO/AB**

In the news

Cop hurt in shooting arrested in DWI

WASHINGTON HEIGHTS. A veteran New York City police officer who survived a wild shootout in Miami last year was arrested early yesterday morning and charged with driving while intoxicated. He allegedly also took a swing at the officers who made the arrest.

Detective Harold Thomas, 46, was pulled over at about 12:45 a.m. yesterday in the 34th precinct, which spans the neighborhoods of Inwood and Washington Heights.

He reeked of booze and refused a Breathalyzer test, according to the New York Daily News. He then put up a fight when cops arrested him, officials said. He was also charged with assault.

Thomas was critically injured last year, when he was shot in the leg during a gunfight that broke out at the Miami hotel where he vacationed. **METRO/CB**

Firefighter. Calendar

▶ When he's not fighting fires, cover model Darius Dorsett is training to run the New York marathon.

Now you can have some of New York's Bravest right in the privacy of your own home. The official FDNY 2013 "Calendar of Heroes" hit stores for the first time yesterday. The calendar features 13 active FDNY firefighters standing in front of locations throughout all five boroughs in the city, from the High Line to Coney Island. Queens firefighter Darius Dorsett, who works out of Engine 260 in Long Island City, graces the cover of the popular calendar. The calendar can be purchased through www.fdnyfoundation.org as well as at the FDNY Fire Zone Store in Midtown for $15.95. All proceeds from sales go to fire prevention education programs. **METRO/CB**

▶ Puppies at the ASPCA's New York shelter.

City's shelters brim with pets in summer

▶ Warm-weather increase in cats and dogs ▶ Pets often are abandoned during summertime moves ▶ ASPCA notes 21 percent increase in kittens

It's a little-known downfall of the carefree summer months: The number of cats and dogs in the city's shelters tends to spike in June, July and August, including a large influx of young kittens.

"There is no better time to adopt," said Gail Buchwald, senior vice president of the ASPCA's adoption center.

This year has seen an increased number of animals at the shelter: Through July of 2012, the ASPCA has taken in 865 kittens, a 21 percent increase from that same time last summer, when it took in 717 kittens.

Buchwald explained that cats begin to mate around April or May, and that they typically give birth during the summer months.

Many pet owners, however, are not prepared for the time and expense needed to raise new offspring, according to Buchwald.

"Generally, it's much more than folks anticipate — and for that reason, the litters get relinquished to shelters," she said.

Animal shelters also become more crowded in summer because so many people move in June, July or August. Often, their new landlords either limit the size of pets or ban them altogether, Buchwald said.

"Moving is the number one reason for pet relinquishment across the country, and New York City is no exception," she said.

About 50,000 homeless pets end up in the city's shelters and with rescue groups each year, according to Buchwald. She said that with a live release rate of 70-75 percent, New York is one of the best cities in the country at avoiding euthanasia. Nonetheless, that rate could improve even further with more funding, she said.

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Best to keep your kitty cat indoors, ASPCA advises

Outdoor cats kill hundreds of millions of songbirds and small mammals every year in the United States and are at high risk for getting hit by cars and contracting disease. As a result, the ASPCA advises that all cats be kept indoors.

For many of the same reasons, it recommends that dogs stay leashed except in certain designated areas like dog runs. METRO/JG

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Managing community noise at the local level
Lawrence Finegold

How did the NYC DEP develop the NYC code?
Charles Shamoon, Esq. & Gerry Kelpin, DEP/BEC Director of Enforcement

Elkhart IN: a new and successful approach for implementing noise codes
Bradley Vite, adviser to the mayor and lead developer of Elkhart's self-funding noise ordinance

Professionals, public officials and citizens join together to stop the noise
Arline Bronzaft PhD, Mayor's council on the environment of NYC and co-author of the book, Why Noise Matters (Routledge, 2011)

The National Academy of Engineering report "Technology for a Quieter America"
George Maling, lead author

What I learned listening to noise
Garret Keizer, author of the book The Unwanted Sound of Everything We Want (Public Affairs 2010)

Proposed ANSI Standard: guidance for developing state noise regulations and local noise ordinances
Bennett Brooks, co-chair, ANSI S12 WG41

The shot heard...managing the impacts of noise on an iconic Revolutionary War town
Douglas Adams AIA, Chair (retired) planning commission, Lincoln MA

The turning point was 2011: the next decade has begun
David Sykes, co-chair ANSI S12 WG44, editor of *Sound & Vibration...2.0* (Springer 2012)

In pursuit of silence
George Prochnik, author of the book, In Pursuit of Silence (Doubleday 2010)

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Three dead in shooting near Texas A&M

GETTY IMAGES

▶ The College Station shooting comes less than four weeks after a man opened fire in a crowded Colorado movie theater, killing 12 people and wounded 58 others.

A gunman killed two people, including a law enforcement officer, yesterday after opening fire from inside a house near Texas A&M University in College Station, police said.

Four other people were injured in the incident, and police later shot and killed the gunman, they said.

The dead officer was identified as Brazos County Constable Brian Bachmann, said Scott McCollum, assistant chief of the police department at College Station.

McCollum said Bachmann was shot in front of the house, about two blocks from the university. He was pronounced dead at a nearby hospital.

McCollum did not identify the other victim, a male bystander. The gunman has not been identified.

A woman was shot and undergoing surgery, and a College Station police officer was in stable condition after being shot in the leg, McCollum said. Two other officers were injured, he said. Their injuries were not life-threatening, according to the City of College Station.

College Station police officers shot and killed the gunman, said Jason James, a sergeant with the police department in nearby Bryan, Texas.

Police said they do not know what sparked the violence, but were confident only one shooter was involved.

The shooting comes amid national jitters over gun violence after a man opened fire in a crowded Colorado movie theater last month during a midnight showing of "The Dark Knight Rises," killing 12 people and wounded 58 others. **REUTERS**

News in brief

GETTY IMAGES

Jesse Jackson Jr. treated for bipolar

CHICAGO. Rep. Jesse Jackson Jr. is being treated for bipolar disorder at Mayo Clinic in Rochester, Minn., the clinic confirmed yesterday.

The Chicago Democrat and son of civil rights leader and former presidential candidate Jesse Jackson "is responding well to the treatment and regaining his strength," Mayo Clinic said in a statement.

The clinic said Jackson was being treated for bipolar II depression, a condition that affects the parts of the brain controlling emotion, thought and drive.

Millions of people have bipolar disorder, sometimes called manic depression. It is marked by highs and lows of a person's mood, and can be treated by medication and psychological counseling, according to Mayo Clinic's website. **REUTERS**

Survey: Miss. most obese state

WASHINGTON. Among U.S. states, Mississippi has the highest proportion of obese adults at 34.9 percent, and Colorado has the lowest, according to a survey released yesterday.

Mississippi heads 12 states with adult obesity rates of more than 30 percent, trailed by Louisiana and West Virginia, according to the report by the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation.

Twenty-six of the 30 states with the highest obesity rates are in the Midwest and South, it said. **REUTERS**

Sir Richard Branson to be Metro's guest editor

Metro US, the fourth largest daily newspaper in the nation, announced yesterday that one of the world's leading businessmen, Sir Richard Branson, will be the newspaper's global guest editor on Oct. 4.

Branson, who will spend the day with the Metro team at its New York offices, is the latest in Metro's series of global guest editors, which previously included pop superstar Lady Gaga and fashion icon Karl Lagerfeld.

Branson is founder of Virgin Group, which employs 50,000 people in 30 countries with more than $21 billion in revenue.

His theme for the day, Risky Business, will be a continuation of the ideas he championed in his recent book, 'Screw Business As Usual,' where he shares his vision for doing business that shifts values from a solely profit focus to a focus on people, communities, the planet and profits.

Yggers Mortensen, CEO and publisher of Metro US said: "Through this unique event, we can deliver a massive reach and impact to our clients. This strengthens and sharpens our brand and shows the power of our global presence."

The Lady Gaga global campaign reached 800 million people, and the Karl Lagerfeld edition, campaign and PR reached more than 1 billion people.

Tony Metcalf, editor-in-chief of Metro US, said: "Sir Richard has startled the world with his vision, energy and ideas, and we can't wait to welcome him to New York. He promises to do things in a very different way — and when he promises something, he tends to deliver. It's going to be quite a ride." METRO

Metro reader to be deputy editor

As part of Branson's edition, Metro will also give its readers a chance to be his deputy editor for the day and to be his personal guest at the World Business Forum at Radio City Music Hall in New York City on Oct. 3.

The competition requires that readers submit a video CV explaining why they should be Sir Richard's deputy editor and nominating an example of an unknown business or entrepreneurial endeavor "screwing" the usual way of doing things and making change for the better. Details will be released by Metro nearer the date.

ADRIAN DENNIS/AFP/GETTY IMAGES

▶ Sir Richard Branson

In the news

Google to cut 4,000 Motorola Mobility jobs

SAN FRANCISCO. Google Inc. will slash 20 percent of the workforce of Motorola Mobility in the Internet search giant's largest job cuts ever as it moves to make more smartphones and fewer simple mobiles.

Analysts said it was unclear if the cuts were enough to restore the fortunes of Motorola, whose last hit was the Razr flip-phone eight years ago.

"I think it's still going to be challenging to navigate the waters [of the handset business and figure out] how do keep your partners happy and how you push your own smartphone devices at the same time," Morningstar Inc. analyst Rick Summer said. REUTERS

World powers to meet about rising food prices

LONDON/PARIS. Leading members of the Group of 20 nations are prepared to trigger an emergency meeting to tackle soaring grain prices caused by the worst U.S. drought in more than half a century and poor crops from the Black Sea bread basket.

France, the United States and G20 president Mexico will hold a conference call at the end of August to discuss whether an emergency meeting is required to avoid a repeat of the food price spike that triggered riots in poorer countries in 2008.

Analysts had little hope of action, although there could be further calls for the United States to change its biofuel policy in response to the crisis, while Russia will be encouraged not to impose an export ban. REUTERS

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House Republicans sue Holder over 'cartel guns'

GETTY IMAGES

▶ The Fast and Furious operation was designed to gather evidence against gun traffickers near the U.S.-Mexico border.

U.S. House Republicans filed a federal lawsuit yesterday against Attorney General Eric Holder, the country's top law enforcement official, seeking to obtain documents on a botched operation to link Arizona gun sales to Mexican drug cartels.

The suit likely means the debate over the anti-gun-trafficking operation nicknamed Fast and Furious will go on for months, lasting through the U.S. elections on Nov. 6 when Democratic President Barack Obama is likely to face Republican challenger Mitt Romney.

Republicans' focus on Fast and Furious has helped to energize gun owners, who are a large and important voting bloc in presidential swing states such as Pennsylvania and tend to vote Republican.

The suit asks for documents that Republicans say are critical to their investigation of the operation, but Obama has claimed executive privilege. In June, the Republican-controlled House of Representatives voted to hold Holder in contempt for withholding the documents.

House Speaker John Boehner, a Republican, said the lawsuit was necessary because the Obama administration was "stonewalling."

Justice Department spokeswoman Tracy Schmaler said the department, which Holder runs, was "always willing to work with the committee."

"Instead, the House and the committee have said they prefer to litigate," she said.

Some legal analysts said it should not have taken more than six weeks from the June 28 contempt vote for Republicans to file their suit. **REUTERS**

News in brief

GETTY IMAGES

Iran government criticized over its quake response

DUBAI. Iran's government faced criticism from lawmakers and the public yesterday over its handling of relief efforts after two large earthquakes killed 300 people and injured thousands in the northwest of the country.

Members of parliament representing the affected areas complained about the shortage of tents for survivors, parliamentary news agency ICANA said yesterday, and Iran's top lawmaker Ali Larijani stepped into the debate.

"The crisis management headquarters must take broader steps to alleviate these concerns," Larijani, a rival to President Mahmoud Ahmadinejad and possible candidate in the 2013 presidential elections, was quoted as saying yesterday. **REUTERS**

Pope's butler told he will stand trial

VATICAN CITY. The Vatican yesterday ordered Pope Benedict's former butler to stand trial for leaking documents alleging corruption in the Holy See, revealing the involvement of a second Vatican employee and details of secret nocturnal meetings with a reporter.

A complex 35-page document on a scandal which has rocked the Holy See since butler Paolo Gabriele was arrested last May showed that the butler saw himself as an "infiltrator" of the Holy Spirit who wanted to clean up the Roman Catholic Church. **REUTERS**

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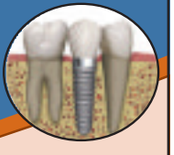

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

– Monica will return on Wednesday.

Aniston engaged: A look back at her love life

OK, we know it's not a competition, but for the sake of scorned women everywhere, can we just give **Jennifer Aniston** a big "You go, girl"?

Once the poster child for the dumped (Just think: No one could ever tell her, "Hey, it's not like he was **Brad Pitt** or anything"), the former "Friend" is now happily betrothed to her main squeeze of more than a year, actor and screenwriter **Justin Theroux**. Theroux put a ring on it on Friday, his birthday.

At press time, details were scant (we've come to expect this from the lady who released just one — one! — picture from her 2000 wedding to Brad Pitt), so we decided to take a walk down memory lane to reminisce about some of the twists and turns that led to Jen's happy ending.

— Today's Word was written by Meredith Engel and Pat Healy.

ALL PHOTOS: GETTY IMAGES

Brad Pitt: 1998-2005

▶ The two shared, in Aniston's words, "a beautiful, complicated relationship" before he ditched her for Angelina Jolie. The cad.

Vince Vaughn: '05-'06

▶ A rebound or true love? Alas, it didn't last — but we bet they shared plenty of laughs.

Paul Sculfor: '07

▶ We didn't remember him either. Apparently he's a model?

John Mayer: '08-'09

▶ Seriously, how does this guy do it? The pair was on-and-off until March 2009.

Justin Theroux: Until death do them part

▶ The two, who co-starred in "Wanderlust," were first snapped having dinner in May 2011. Just more than a year later, they're set to wed.

Talking points

Time to save Macaulay Culkin?

Macaulay Culkin's reps may insist that reports of the former child star's drug problems and failing health are bogus, but photos of the "Home Alone" star looking gaunt have his estranged parents worried. "I hope that he has the right people looking after him," **Kit Culkin**, who hasn't spoken to his son in 15 years, tells the Sun. Macaulay's mother, **Jeanette**, adds that they fear their son is "dying of some disease or heavily into drugs," based on recent photos.

▶ You OK, Mac?

Paradis keeps her lips sealed

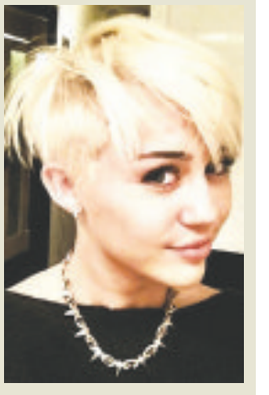
While **Vanessa Paradis** is out promoting her new movie, "Cornouaille," she can't seem to dodge questions about her recent split from longtime partner **Johnny Depp**. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight, though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

Perfect couple, baby

Newlyweds **Natalie Portman** and **Benjamin Millepied** are getting an early start on exposing their baby boy to culture, taking in a concert by the Los Angeles Philharmonic at the Hollywood Bowl recently, according to People magazine. The Oscar-winning actress "looked pretty chilled out," a source says. "She was wearing jeans and a T-shirt, her hair was down. She looked more concerned about keeping [infant son **Aleph**] quiet and not disturbing anyone than anything."

Hair today, gone tomorrow

It's a sad day in celebrity news when both of the items that were vying for the second position in our roundup involved young women losing things. Katy Perry lost her bathing suit bottoms while attempting to go down a water slide in San Dimas, Calif. (the high school football rules there). And Miley Cyrus lost a lot of her hair. Now, we are a family newspaper, so we can't put a photo of Katy's bum in the paper, but if you're so inclined, Google the photo (you perv). As for Miley, she tweeted before, during and after photos of her dramatic 'do chop on Sunday night. Ever since seeing the photo, we've been trying to figure out who she resembles the most. Our top choices are Draco Malfoy from the "Harry Potter" movies, Kenneth from "30 Rock," a blond Justin Bieber or maybe the "Sk8er Boi" that Avril Lavigne sang about (that was a whole decade ago, by the way). What's Avril up to these days, anyway? Obviously, she needs to be doing more important things like mooning people and/or cutting her hair.



2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Patrick Stewart is having a rough morning, Ellen Barkin needs something else to focus on, Seth MacFarlane is not looking forward to the afterlife and Patton Oswalt is feeling a bit sweaty.

@SirPatStew
My brain hurts.

@EllenBarkin
There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere

@SethMacFarlane
In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.

@pattonoswalt
Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy

Patrick Stewart

The Monroe mark

This month marks 50 years since the death of **Marilyn Monroe**. But five decades later, her spirit — and signature sex appeal — lives on in Hollywood.

1. Amber Heard paid tribute to the original hot blonde at the "Sherlock Holmes: A Game Of Shadows" premiere in December.

2. We think we speak for Marilyn when we say we're glad **Paris Hilton** got tired of this look.

3. Christina Aguilera had a little identity crisis circa 2004.

4. Even without the blonde hair, it's obvious who inspired **Miranda Kerr**'s look at the Women of Style Awards this past spring.

5. And then there was the time **Anna Nicole Smith** did this.

6. We know we're not supposed to say this, but we have a soft spot for **Drew Barrymore**'s 2009 Golden Globes hair.

1.JORDAN STRAUSS/ WIREIMAGE
2: TODD WILLIAMSON/WIREIMAGE
3: KMAZUR/WIREIMAGE
4: DON ARNOLD/WIREIMAGE
5: TIM MOSENFELDER/GETTY IMAGES
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$5.00 1839 TO 1908	UP TO $6525	WALKING LIBERTY 50¢	UP TO $12,550
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CHARLES MILLER

▶ Sohn

Lost in 'Motherland'

In Amy Sohn's 'Motherland,' even those oh-so-together Park Slope parents aren't having a ton of sex Not with their spouses, at least

New York may have fewer degrees of separation per capita than any city in the world. It's not so farfetched that you might share a co-op shift with a movie star, or that your best friend's wife's lover's pot dealer would be dating your boss.

Even though the interconnected characters motif has been done to death, it rings true in Amy Sohn's "Motherland," which goes on sale today, in which a network of disenchanted Park Slope parents try to navigate life after birth.

We spoke to Sohn about the changing faces of marriage, parenthood and Brooklyn.

Did you raise your own family in Brooklyn?

I'm actually a Brooklyn native: born in the early '70s [and] raised in Brooklyn Heights, and I've been a Park Slope resident since 2004. I've never lived anywhere but Brownstone Brooklyn, except for college.

Are you then on both sides of the fence — part of the change while resisting it?

I was pregnant when we moved here, in 2004. Even in those eight years of living in the neighborhood, I've seen the affluence just grow and grow, and the careers people worked in changing from slightly more artistic — graphic designer, architect, advertising — to much more finance and law. It's created some wonderful things — like there's great fundraising going on for the private schools and the public schools, and you've got really, really motivated parents. But you also have people with totally different values interacting with each other. "The Slope" means so many things to so many different people, and you have different populations with very different ideals living in the same neighborhood.

Do you think non-New Yorkers will be able to get as much out of the book?

Absolutely. The themes of the book are totally universal: What is it like to look around and feel that you've given up on yourself or that your life has passed you by? What happens when you've bought into an entire set of bourgeois values and you don't have any inner satisfaction? What happens when you wake up and feel your spouse is a stranger? What happens when you cheat? What are the consequences of that? Does it ever get better, if you leave your partner for someone else? [Laughs] To say that those are only Brownstone Brooklyn issues would be giving Brownstone Brooklyn way too much credit.

REBECCA FINKEL
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TV watch list

'The Week the Women Went'

REALITY. What happens in this social experiment when the women of Yemassee, S.C., all flee to a resort? Will the dirty underwear ever actually make it into the hamper? **Series premiere, 10 p.m., Lifetime**

'How "Jaws" Changed the World'

DOCUMENTARY. This Shark Week special examines the great white hunting spree that followed the film's release, leading to the animals' near-disappearance from the Eastern Seaboard. **9 p.m., Discovery**

AMBER RAY

▶ Shark Week recalls the impact of "Jaws."

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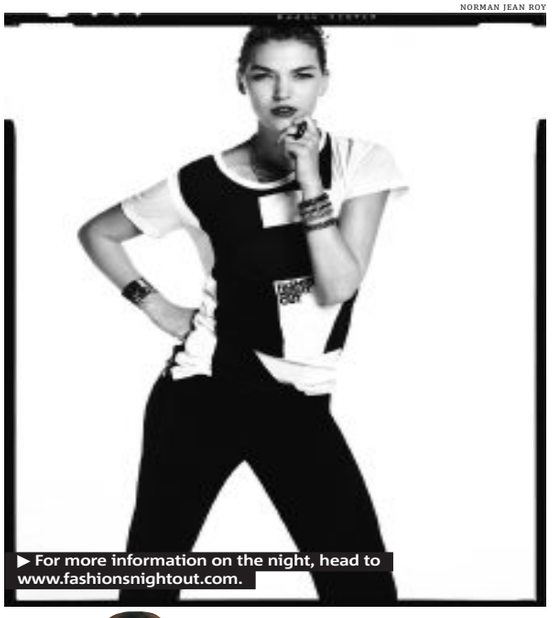
GET READY FOR FASHION'S NIGHT OUT

It's time to start planning who to rub elbows with on the big night Pick up our guide on Sept. 6 for the best spots for free booze, grub and spotting your celebrity crush

NORMAN JEAN ROY



For more information on the night, head to www.fashionsnightout.com.

Start picking out your cutest outfit, because fashion's biggest party is back. On Sept. 6, 500 cities nationwide will celebrate Fashion's Night Out — the global shopping event spearheaded by **Anna Wintour** and Vogue in 2009 to boost spending during the recession. On the big night, retail stores stay open late — offering customers discounts, prizes, goodies (free champagne, thanks!), a chance to mingle with designers and celebrities, musical performances and more. Some of the confirmed celebs making the rounds this year include: **Alexa Chung**, **Kim Kardashian**, **Jennifer Hudson**, **Karlie Kloss**, **Solange Knowles** and **Nicole Richie**. Because it's turned into such a monstrous event, you'll want to grab a copy of our FNO guide on Sept. 6 for all the best spots to party, like MAC's SoHo boutique, where **Azealia Banks** will take the stage. In the meantime, here are some of the NYC highlights announced so far.

Henri Bendel

Catch a live performance of Cirque Du Soleil's Zumanity. Plus, score cocktails from The Mulberry Project's mixologists and bites from some of NYC's best food trucks.

Max Mara

Get a scoop of gelato from famed "gelateria" Grom while entering for a chance to win a trip to Milan and seat at Max Mara's Fall/Winter 2013 runway show.

Maybelline

No time to primp before getting out of the office? Maybelline's got your back. The makeup giant will take over the Meatpacking District with its Color Studio Lounge. Enjoy makeovers by top artists before stepping into a custom photo studio. Once you're dolled up, find the store where **Michael Fassbender** is going to be drinking.

Alexa Chung is set to DJ at Moschino.

GETTY IMAGES

Saks

It's makeover time at Saks. Love **Erin Fetherston**'s signature bangs? Rub shoulders with the designer while hairstylist **Edward Tricomi** gives you her look. Then, get custom-print Suno nail art from Minx Nails with designers **Max Osterweis** and **Erin Beatty**. But the real reason to stop by is the chance for a consultation with **Tom Pecheux**, creative director/makeup genius of Estee Lauder.

TINA CHADHA
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Macy's

Michael Kors hosts a fashion trivia night at Macy's new shoe floor — the world's largest. Play a round and then grab a cocktail or stop for a touch-up at one of the store's nail bars before heading to the junior's department to hang with designer **Tommy Hilfiger** and actress **Britt Robinson**. If wining and dining is more your thing, Macy's Culinary Council chef, **Johnny Iuzzini**, will be stationed on the sixth floor to share entertaining tips. And if you're into mindless debauchery, roll a cigar with **Scott Disick** in the men's section on the third floor.

Hang with Scott Disick at Macy's

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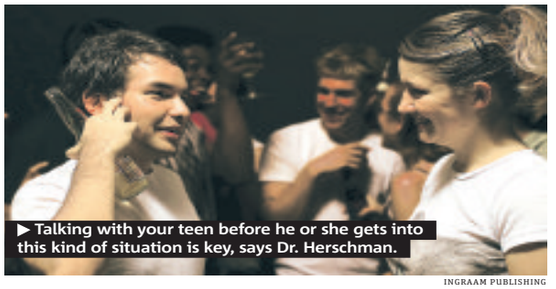
back to school



▶ Talking with your teen before he or she gets into this kind of situation is key, says Dr. Herschman.

INGRAAM PUBLISHING

The pressure's on: How and when to say 'No'

College and high school students know that avoiding peer pressure is easier said than done ◐ Tips on teaching them to stay true to their values

With the teen years come more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't. Dr. Philip R. Herschman, the chief clinical officer for CRC Health Group, the country's largest provider of addiction treatment, teaches us how you can help your teen avoid those types of situations.

Start before college
"It all starts before that young adult moves into college. [If] that child is raised with a good value system and has learned how to make decisions through a normal maturational process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation
"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives
"[They can] say, 'It's just not something I want to do, but I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.' "

Teach them to be firm
"That's why practicing ahead of time is helpful. [Tell them] you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments
"Don't [have your kids] tell them they're bad for drinking. That will end relationships."

Talk about safe dating
"[A] first date shouldn't be, 'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

Let go
"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time."

Quoted

"At some point you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time."
HERSCHMAN

JOANIE FERGUSON
letters@metro.us

GETTY IMAGE

▶ Stress is a big reason kids begin smoking.

Help stop your child from smoking

Worried about your child becoming a smoker? Visit www.realparentsrealanswers.com for an e-book offering insight as to why kids smoke (stress plays a big part) and what you as a parent can do to stop the habit from starting. The website also features podcasts and webinars for parents.

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Bully: Beyond the buzzword

Metro explores the ubiquitous term just in time for school to start
What parents need to know

BANANASTOCK

▶ Dr. Novick says that the middle school years are rife with bullying, but older and younger kids face taunting too.

Bullying is one of the hottest buzzwords thrown around any social stratosphere today, from PSAs to catfights on reality TV. It's become such an overused, abstract concept that it can be hard to tell when bullying is truly taking place. We spoke with Dr. Rona Novick, child psychologist and anti-bullying specialist, to clarify the terminology and explain what to do if bullying is impacting your child's schoolwork and self-confidence.

How do you define bullying?
"The deliberate abuse of power to harm another person." The three types of bullying — physical, social and emotional — are defined by the kind of harm that the acts cause. The one that's least recognized by parents but is particularly painful for children of all ages is social bullying. That's deliberate social exclusion: "You can't belong" or "You can't join us."

Can people bully without malicious intent?
From a research perspective, bullying involves intent. In the real world, don't we want to raise children who are kind — both intentionally and inadvertently? I don't want to raise a child that leaves people out because they don't pay attention to them any more than I want to raise a child who leaves people out deliberately and out of cruelty. I want to raise a child who has the social blinders off and thinks beyond their own needs about being nice and caring to other people.

What age group is most susceptible to bullying?
We know that the peak years for bullying are grades 4-8. That does not mean that it doesn't exist in younger children. ... Bullies are getting younger and younger. And it certainly continues to high school.

How can you recognize if your child is being bullied?
You have to create the kind of family environment where you do talk to your children about their social lives. Parents have much less awareness of their children's social whereabouts now. We have to do due diligence. Boys are less likely to reveal than girls, but all children are fairly reluctant to tell parents what is happening. ... They believe our involvement will make it worse. They believe we're going to mess it up.

How do you avoid making a bullying situation worse?
One of the most important things parents can do is help the child to understand that in no way is this the child's fault. There's nothing the child does that makes them worthy of being bullied or victimized. It's never their fault. Say, "I am here for you, I will be here for you. You can tell me about every single time this happens and we will keep working on it until we make this OK." Bullying is about power, so bullies look for vulnerable targets.

T. MICHELLE MURPHY
tmichelle.murphy@metro.us

What should you do if your child is around or part of bullying?

It's a matter of engaging in frequent and ongoing conversations. One trick that parents can use is that children are much more open talking about situations out of a book or TV show than what's going on in their own life. Once you're comfortable with that, then you can make the bridge and say, "What about in your school? Could this really happen?"

Health notes

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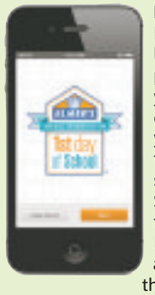

Elmer's 1st Day app lets you preserve your memories of your child's first day of school. Snap photos of your little one and upload them onto www.the1stday.com, where you can create albums and slideshows for sharing online. For each photo uploaded (up to 200,000) Elmer's is donating one school product to the Kids In Need Foundation, which gives school supplies to underprivileged children.

METRO/ME

Big kid on board

Help your child brave the bus all on his or her own with these easy tips.

▶ **Do a dry run:** If your school provides practice rides as part of orientation, point out the fun things about taking a bus. For example, sitting up high lets your kid see a lot when he or she looks out the window.

▶ **Get up close:** Older kids tend to ride in the back, so have your child sit up front. It's less intimidating.

▶ **Say hello:** Introduce yourself and your child to the driver and find out his or her name and bus number. Get contact information in case of an emergency.

▶ **Reassure your child:** Taking the wrong bus or getting off at the wrong stop are classic kid fears. Explain that a teacher will make sure he or she gets on the right bus, and the driver will guide him or her when it's time to get off.

Parents
*Get more great tips in **Parents Busy Mom's Guide to Back to School**, on sale now at Wal-Mart, or visit **parents.com**.*

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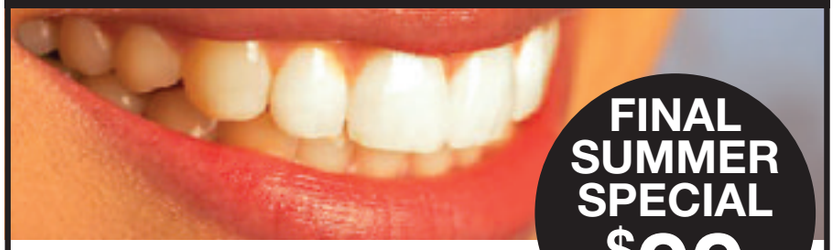

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Advice

Foiling the 'freshman 15' phase

PIXLAND

▶ Don't eat just because everyone else is eating.

Ah, the freshman 15 ... some of us are still carrying it (and then some) to our 10th reunion. Why do so many students gain extra weight during their first year of college? "College is the time to let loose and enjoy your newfound freedom," says Keri Glassman, MS, RD, CDN of Nutritiouslife.com, "specifically when it comes to the diet."

"After years of mom cooking and planning all the meals, college seems like an endless sea of food choices, not all of them being the healthiest," she says "Also, college is often the time many young adults start to eat emotionally, from stress specifically. Finally, alcohol consumption and the late-night eating that go along with it are big calorie add-ons that most likely didn't happen in high school."

We asked Glassman for a few basic, easy-to-follow lifestyle tips that can help freshmen prevent the dreaded weight gain.

▶ **Start off your day on the right foot:** "Begin every day with a balanced breakfast that includes a high-fiber starch and lean protein or healthy fat," she says. "Not only will it help rev your metabolism, stabilize your blood sugar, control your hunger and boost your energy level, studies have shown that students who eat a healthy breakfast do better in their classes. Even if you don't have time to have a 'sit-down' breakfast, keep healthy items in your dorm room for 'grab-and-go' breakfasts. Make sure your breakfast of choice packs a substantial amount of protein, such as eggs or nonfat Greek yogurt. Protein not only supplies the fuel you needed to ace that exam, but it is also one of the most satiating nutrients."

▶ **Make time for meals:** "Having regular meals and snacks throughout the day will help keep your hunger level in check and help you avoid late night binges on unhealthy foods," Glassman adds. "Pencil your trips to the dining hall into your planner. On your way or before you go, think of a meal game plan — are you headed to the salad bar or the sandwich line, what vegetable are you going to have, which lean protein are you in the mood for? Treat this like you are prepping to write a paper or studying for your chemistry test — it's just as important!"

▶ **Watch mindless eating:** "Avoid eating because you are bored, studying or just because everyone else is. Try making a cup of tea or having a large glass of water instead."

▶ **Don't beat yourself up over one bad meal:** "Treat every meal like it's a Monday morning and relieve yourself of the guilt from your last," she says. "Each meal is a new opportunity to eat nutritiously. [Splurging] happens; forget it and move on." ● REBECCA FINKEL

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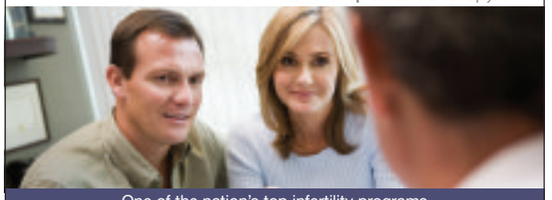

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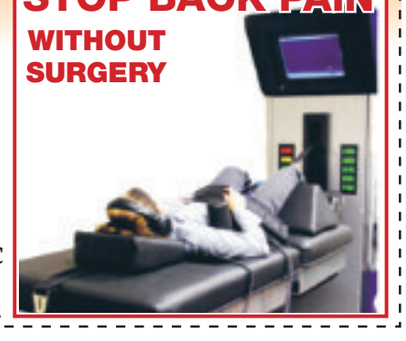

Code A

Letters

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The difference between opinions and baby birds

If you are going to submit your opinions to the Metro, let it be your own. If I wanted to hear what FOX News had to say last night, I would've watched it. Disseminating regurgitated propaganda is exactly that! Conveying an opinion requires individual thought and should portray an unique signature of personal authenticity. Also, an opinion is worthless if it's not based on facts or experience. We were all brought up to think that everyone is entitled to his or her own opinion, and I strongly believe that too. So instead of having politicians, think tanks and the media formulate one for you, become an individual and reason for yourself. **RICH BRITTLE, BOSTON**

Media makes world small after all

As a Brit living in Boston who followed the U.K. media coverage of the Olympics closely, I'd agree the British media were biased toward our own athletes. However, in my opinion, NBC's coverage was hugely biased toward the U.S. team — to an extent that if you watched the highlight shows each night, you would not know there were other countries competing! To put it into perspective, though, U.K. newspapers wouldn't sell as many copies focusing on nonteam GB athletes. It's the same if NBC showed extensive coverage of a European winning gold in the modern pentathlon (i.e., The U.S. public wouldn't be overly interested). Just an observation of mine, which I know was shared by many others, including Americans! **NICK MILES, VIA E-MAIL**

There's always the road less taken

RE: 'US ROAD PAVED WITH BAD CHOICES' (METRO, AUG. 13) Frank St. George was reading my mind! He is spot-on with his recent letter detailing that yes, President Obama did inherit a mess when he came into office — but his current policies are increasing the mess the Bush administration left behind. Frank is also correct in saying there are other candidates to vote for and cast a write-in ballot besides the aforementioned candidates, but most Americans are so blinded by the media and the political process in general, they won't go that route. **OMAR BRANCH, NYC**

Bigger issues no excuse for hiding

Listening to the new defense of Romney's failure to release his tax returns, that it's the state of the economy, is bogus at best. Yes, the country is in economic malaise, but that doesn't preclude people from being upfront and truthful. How does one build trust in someone reluctant to be honest? Reagan believed in "trust but verify." Under the Republican excuse, we should have overlooked a Watergate break-in because the country was busy recovering from the Vietnam War, or we should have looked the other way over the Lewinsky affair because our focus was on Whitewater. Voters want to know Romney's ultimate motives before casting a vote. Hiding one's tax returns is a "tell." **DAVID DIBELLO, BROOKLYN**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Abide by your ability to make logical assessments whenever you can, because your intuitive powers are also likely to come into play and help you make excellent decisions.

♍ Virgo **Aug. 23-Sept. 22.** This will be a much more enjoyable day for you if you share some time with very good friends. You'll enjoy pals whose interests parallel yours.

♎ Libra **Sept. 23-Oct. 23.** Let your colleagues know that your standards and virtues are unassailable, especially if they're trying to cut corners in ways that you don't really approve of.

♏ Scorpio **Oct. 24-Nov. 22.** When you choose to use it, the ability to keep things in proper perspective can be one of your greatest assets. In those cases, you won't take yourself or other developments too seriously.

♐ Sagittarius **Nov. 23-Dec. 21.** You're more than likely to feel obligated to help someone you like resolve a problem. When you do so, you're in for a pleasant surprise.

♑ Capricorn **Dec. 22-Jan. 19.** Although your reasoning powers are pretty good, your partner's could be even better. Before making any important decision, be sure to discuss it with him or her.

♒ Aquarius **Jan. 20-Feb. 19.** It is important for you to find some practical outlets for your time and talents. If you fail to do so and just coast along, you'll end up feeling it was a wasted day.

♓ Pisces **Feb. 20-March 20.** Find a practical way to spend time and talent on an important project; if you fail to do so, you are likely to feel very guilty.

♈ Aries **March 21-April 19.** This is a good day to take care of a matter you've wanted to clear up for some time but haven't yet had the chance. The results will be everything you hoped they'd be.

♉ Taurus **April 20-May 20.** Your mental and creative faculties are likely to be a bit keener than usual, so put them to work on a difficult project. It should be easy to handle now.

♊ Gemini **May 21-June 20.** Anything you're promoting or selling for public consumption could turn out to be very profitable. Your touting skills will be at an all-time high.

♋ Cancer **June 21-July 22.** This is one of those days when you should be able to focus your energies and efforts on personal interests. You should be able to do whatever you want, free from interference.

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Across
1 Nonrust coating
5 Beauty's swain
10 Silvers or Donahue
14 Puppy-chow brand
15 Earth tone
16 Solar plexus
17 Wheat center
18 Posh, Scary, et al. (2 wds.)
20 Almond confection
22 Place
23 Nice and warm
25 Verbal abuse
26 Cervantes' __ Panza
27 Sundial numeral
28 Prom rental
32 Help with a heist
33 Push down
35 Wax-coated cheese
36 Miss Piggy word
37 Picnic intruder
38 Distinct period
39 Hunks' assets
41 Deep-piled fabric
43 John Dickson __
44 Right away
45 Bullfight yell
46 Marbles
48 Have confidence in
50 Slimmed down
51 Jellyfish
54 Femme fatale
55 Wrestling style (hyph.)
57 Purposes
61 Greet the dawn
62 Singer __ Cara
63 Milne bear
64 Tackles a slope
65 Clay-target sport
66 No __ luck!

Down
1 Zig's opposite
2 Dot in the Seine
3 Radio's PBS
4 Cosmetic buy
5 Monroe movie (2 wds.)
6 Vacant
7 He loved an Irish Rose
8 Jiffy
9 Arbor
10 Tingle
11 Vindictive goddess
12 "__ do for now"
13 __ majeste
19 Region of India
21 Hearth residue
23 Major no-no's
24 Lake near Syracuse
25 Clenched hands
26 Dance number in Rio
27 Trial setting
29 Form a thought
30 Scratched up
31 Bradley and Sharif
34 Come back to win
40 Evergreen trees
41 The North Star
42 Cafeteria wear
43 Snoozes
47 Haw opposite
49 Paul Anka's "__ Beso"
50 Lane or Keaton
51 Execs
52 Viking name
53 He loved Lucy
54 Fictional pirate
56 Mork's planet
58 Chit
59 Beaded shoe
60 "Pipe down!"

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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to yesterday's crossword

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STROLLING

While the East Coast roasts, Seattle, as usual, keeps its cool

SEATTLE

▶ Pike Place Market offers the best of Seattle's local bounty, including just-picked morels, above, and dungeness crab.

▶ The Collections Cafe at Chihuly Garden and Glass is decorated with the artist's own kitschy collections.

Though the Seattle area's wooded trails are a shady refuge during the summer months, the city's streets offer another kind of cool. Here are our favorite places to soak up Seattle's culture, coffee and craft beer.

Morning

Take advantage of your jet lag and head over to **Pike Place Market (www.pikeplacemarket.org)** before the crowds make it difficult to navigate. Pick up some Rainier cherries, a fresh, buttered crumpet **(The Crumpet Shop, 1503 First Ave.)** and a latte from the original Starbucks. Enjoy your spoils on a bench with a view of the Puget Sound.

Thus fortified, you can explore the 105-year-old stall market, which sells local produce, seafood and meat, as well as books, clothes, jewelry and other handmade crafts. At 11:30 a.m., grab a seat by the window at **Matt's in the Market (www.mattsinthemarket.com)** for a plate of local oysters. If you're accustomed to Atlantic bivalves, Seattle's will knock you down with their delicate texture and sweetness.

Afternoon

Fifty years after it was built as the site of the 1962 World's Fair, **Seattle Center (www.seattlecenter.com)** remains a vibrant hub of arts and culture. Current attractions include the Frank Gehry-designed Experience Music Project, a skate park and the new **Chihuly Garden and Glass (www.chihulygardenandglass.com)**, an exhibition of the artist's dynamic glass sculptures curated by Chihuly himself. The Fair's centerpiece, and the city's architectural mascot, is the **Space Needle**. There may be a line, but the panoramic views of the city and the mountain ranges beyond are worth the wait.

Brew break

It's difficult to get a bad cup of coffee in Seattle, and it may be even harder to get a boring pint. The Ballard neighborhood, home to the Ballard Locks shipyard, is rich in small bars and coffee shops. **Ballard Coffee Works (www.ballardcoffeeworks.com)** serves "standard-setting" espresso drinks and bags of its self-roasted beans for you to take home to stoke your new caffeine habit. Nearby, **The Walrus Bar (thewalrusbar.com)** offers plates of local cow, goat and sheep cheeses that pair beautifully with neighborhood brewery Maritime Pacific's Islander Pale Ale or Old Seattle Lager.

Evening

When happy hour rolls around, you may need a drink to temper the effects of the high-test espresso in your system. **Sun Liquor Distillery (www.sunliquor.com)** slings updated classics, made with its brightly flavored housemade gins. Around the corner is **Sitka and Spruce (www.sitkaandspruce.com)**, a casual farm-to-table restaurant whose kitchen is situated right in its dining room. Sit at the communal table so you can gawk at your neighbor's food with impunity. For a more intimate setting, reserve a table at **Crush (chefjasonwilson.com)** in Miller Park, which serves artful arrangements of the seasonal fare you saw that morning in the market.

Where to stay

Among its many perks, the Alexis Hotel (www.alexishotel.com) is located a block from the waterfront and is a short walk from the Pike Place Market.

It even offers a jogging map with routes that take you along the water and through the Seattle Museum's Olympic Sculpture Park. And its warm, relaxed Bookstore Bar is an excellent starting point for sampling local drafts.

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trip planning

Foolproof tips for flying with kids

Having a toddler sit still in an enclosed space for a few hours makes for an instant unhappy camper Add passengers and you have many unhappy campers

INGRAM PUBLISHING

Try to prevent this from happening on any airplane.

Families in the air have gotten lots of attention, as stressed passengers vie with each other for a little peace in the increasingly cramped, foodless and generally joyless unfriendly skies.

It's all about the PR

While there's no doubt that flying with kids is hard, those of us who have landed with children and sanity intact know it's all about PR: You have to win over the locals. Bonking heads on your way down the aisle with overloaded arms of kid stuff or dozing while your tot plays endless rounds of peek-a-boo with the passenger behind you will win you no friends. Little demonstrations — or even big ones like a glass of wine for your unwitting seatmate if things turn ugly — are more likely to get people to share your pain.

Seats for everyone

Children under age two can sit on a parent's lap, but it can be a safety hazard and uncomfortable — especially on a long flight. It's not always cheap either, since fees — usually a percentage of the regular fare — and taxes for international travel can add up fast. Be sure to notify the airline of lap children at the time of booking.

Bring surprises

Nobody's endorsing all-out spoiling, but desperate times, right? And, you'd be amazed at the power of a $1 trinket when it comes wrapped as a present.

Make pit stops

Hit the bathroom before the "Fasten Seatbelt Sign" is lit for the last time. The time between initial descent and arrival at the gate can be an eternity — especially if your potty-training toddler has to go to the bathroom.

Sit wisely

Use airline websites or www.seatguru.com to investigate seat amenities — such as which have power ports (crucial so those electronic kid distractions don't die).

Some parents swear by the bulkhead seats with extra legroom — and no passenger in front of you to worry about kicking (a biggie). There's no under-seat storage though, so make a pros and cons list first!

CONTRIBUTED BY Fodor's

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Ex-Google exec's new venture helps students avoid the corporate life

IMAGE SOURCE

▶ The recently launched Upstart.com helps to connect enterprising graduates with financial backers.

Four months after leaving Google Inc., the former head of its enterprise business has a new mission — helping college graduates avoid big corporations like Google.

Upstart.com lets university graduates raise money from other people online so that they can start their own businesses, pursue a research project or chase a personal dream, rather than take a "safe" job in the corporate world.

"There's this overwhelming desire to not follow the traditional path of bolting yourself to a desk and climbing the corporate ladder," says Upstart founder Dave Girouard.

$1.75M

Upstart, which Girouard started with former Google employees, has received $1.75 million in seed funding from backers, including Kleiner Perkins Caufield & Byers, Dallas Mavericks owner Mark Cuban and Google Ventures.

But he says too many graduating students have college loans they need to repay and do not feel they can take a chance.

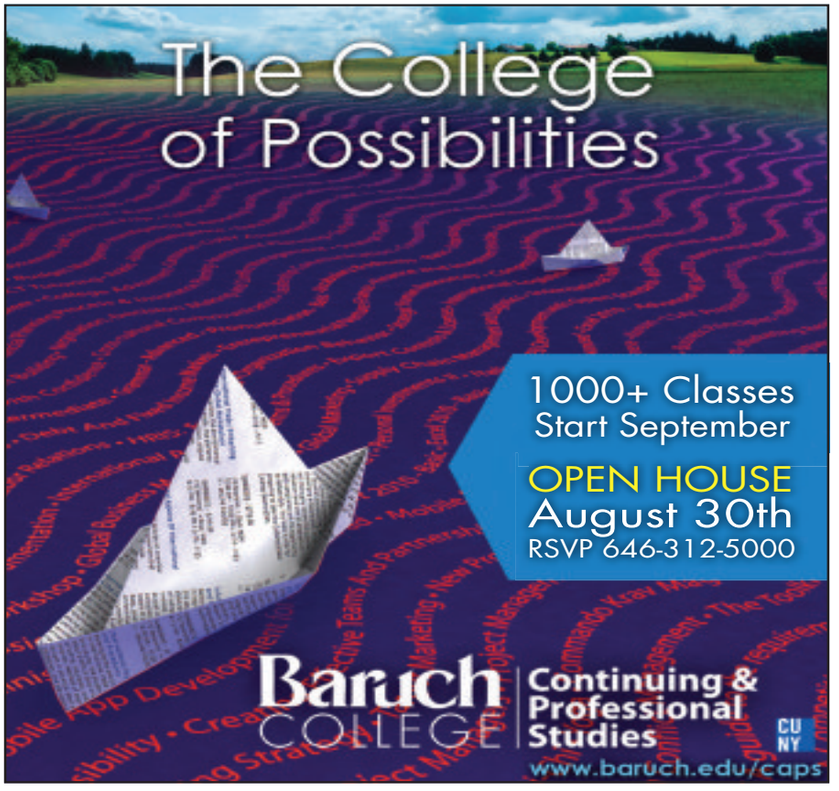
Part social network, part crowdfunding service in the style of Kickstarter, Upstart provides an online forum where participants post personal profiles with their backgrounds and goals in the hope of attracting financial backers.

The backers — acquaintances, alumni or other accredited investors — provide funding that will typically range between $20,000 and $50,000 in exchange for an agreed share of the graduate's future income over a 10-year period. Upstart determines the portion of future annual income to be shared based on the total sum raised and the person's qualifications, including academic record and field of study.

Upstart is the latest example of so-called crowdfunding and peer-to-peer online lending services that have sprouted in recent years. Kickstarter, which lets people raise money online for creative projects such as films, clothing and even building robots, has seen $250 million pledged to projects by more than 2 million people since its 2009 launch, according to the company.

For new graduates setting out on their own, the funding can provide a way to make payments on college loans or take care of living expenses for a year. And with the U.S. unemployment rate now in its fourth year above 8 percent, Girouard says it is a good time for those entering the workforce to think outside the box.

"In 2011, there was zero net job growth in large companies," says Girouard. "You have this kind of really ugly situation, where tons of kids are standing in line. ... And they're standing in line for jobs that essentially don't exist anymore, or are really harder to get." **REUTERS**



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Marketing	8/21	6-7:30pm	**English Grammar & Writing**	8/30	6-7:30pm
Graphic Design, Web Design & Web Programming	8/22	6-8:00pm	**General Open House**	9/6	12-2:00pm
			Interior Design	9/6	1-3:00pm
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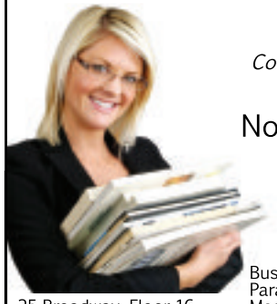

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Giants not interested in talking Tebow

The media took all of one question to ask Giants defensive end Osi Umenyiora about this weekend's impending matchup with Jets quarterback Tim Tebow.

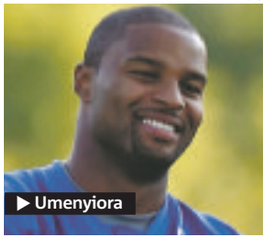
He was just the first of many Giants players to be peppered with the inevitable onslaught of attention.

Umenyiora was asked if he was curious to see how the Jets would be using Tebow.

"No," Tuck responded. "I'm just curious on getting better. I think the most improvement should be made from Week 1 to Week 2. So, I'm just curious for us to get better as a football team."

His fellow lineman Justin Tuck was slightly more diplomatic, but the shower of attention for their crosstown rivals' backup quarterback was clearly not of interest.

GETTY IMAGES



▶ Umenyiora

"I'm just eager to play the game, and fortunately for us it involves Tebow. I might not even get the opportunity to play against him. I don't know how they're going to do it," Tuck said. "What I'm worried about is their right tackle, their right guard, their center, their left guard and their left tackle. That's what I'm facing. Quarterbacks are just a bonus."

Oddly enough, the Jets weren't asked one question about Giants backup David Carr during yesterday's media session. METRO

Hushed Wildcat?

The Jets worked on their Wildcat formation with Tim Tebow for the first time in front of media yesterday. They just don't want anyone to know about it. The team put a gag order on all journalists from discussing specifics of the plays run.

- Tebow was asked after practice about the secrecy of the team's offense. **"I don't know if I've ever seen this much interest," he joked. "I don't know; I don't know if its secrecy. ... It's just part of the offense to us."**
- Maybe he should tell that to his teammate running back Joe McKnight, who responded, "I don't know what you're talking about. Wildcat? **I don't know nothing about the Wildcat."**

In the news

Pesky dies

Former Red Sox legend and Ted Williams's teammate Johnny Pesky has died at 92.

Pesky had been an ambassador of sorts to the Red Sox for the last few decades. The World War II veteran spent 70 years with the club, beginning as a player in 1942 and later as a manager and TV commentator.

The right-field foul pole in Fenway Park has been called Pesky pole in his honor for decades.

JEFF ZELEVANSKY/GETTY IMAGES

▶ Griffin goes by the nickname "RG300" — a take on his former Baylor teammate Robert Griffin III's nickname of RGIII.

Griffin carries on

◗ Recent loss of mother has refocused Jets lineman in battle for playing time ◗ Could be in mix to challenge Hunter ◗ Howard also has opportunity

In what was arguably the best performance of his college career, Jets rookie Robert Griffin did something he had never done before during Baylor's Alamo Bowl win over Washington last season.

When the Bears broke from their offensive huddle, Griffin would reach back behind him and touch the hand towel that hung from his waist. Each huddle, Griffin touched that towel, which had a special message written in black marker on the inside — "R.I.P. Mom."

Just days before that bowl win in December, Griffin lost his mother to a yearlong battle with kidney cancer.

"My coaches knew my intensity was high; they knew what was going on," Griffin said. "They ran the ball behind me. They ran behind me a lot that game. They knew how I was playing; they knew the emotion and they ran behind me."

He's used that loss to help refocus his life. He's hoping to justify the Jets taking him in the sixth round of this past April's NFL Draft.

"I've been through a lot; I wake up every day knowing I don't have a mom. I know that she is upstairs looking at me. Everything that is done — walking, playing, brushing my teeth — I want to do it for her. I want to be a new person, a new personality," Griffin said. "I've talked to [head coach] Rex [Ryan] and [general manager Mike] Tannenbaum about wanting to be a new person."

Howard steps up v. Bengals

Like Griffin, Austin Howard is a name that will be battling the maligned Wayne Hunter for playing time at right tackle.

Howard started against the Bengals as Hunter was out with injury and got very positive early reviews.

"Anyone that can play the way he played is trying to tell you something and you have to find a way to get him out there," Ryan said. "I don't know if that's competition, but you earn your playing time in this league. I think you've got to put him out there some time." METRO/KD

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Rivera rehab moves ahead to throwing

Yankees closer Mariano Rivera threw on flat ground under the watchful eye of pitching coach Larry Rothchild before yesterday's game. Rivera, who has been out since tearing his ACL on May 3, has yet to definitively rule himself out for 2012.

But despite a good report from Rothchild, manager Joe Girardi said he was 99.9 percent certain his 40-year-old closer was not returning.

"When you are a baseball player, when you can't do the things you are used to doing, as soon as you can do them, you try them," Girardi said. **METRO/LF**

Lowe plans rebirth with Yanks

Former Red Sox pitcher talks overhauling mechanics after Cleveland exit Why he sees comparisons to his epic 2004 playoff run And why he didn't mind signing with the enemy

MITCHELL LAYTON/GETTY IMAGES

▶ Derek Lowe struggled to an 8-10 record and 5.52 ERA in Cleveland, but hopes to resurrect his season in New York.

For the past six weeks, mechanically sound pitches were not coming out of Derek Lowe's right arm. Instead, as he describes it, it was comparable to a common side dish found at the dinner table.

"It was coming out like mashed potatoes for six weeks," Lowe said before suiting up for his first game as a Yankee.

It was during those six weeks that Lowe was designated for assignment by Cleveland and eventually signed with the Yankees to be their long man in the bullpen. He was also in contact with Baltimore, Boston, Philadelphia and San Francisco and said he was not going to return if he didn't feel his mechanics were improved.

Lowe spent part of his 10 days as a free agent working in Fort Myers, Fla., with longtime personal trainer Chris Correnti.

"I literally said, 'I need a repeatable delivery,'" Lowe said. "There were some obvious glaring things I even knew that I was doing, that [former pitching coach] Scott Radinsky knew I was doing, but the side sessions weren't long enough to fix it. [Being DFA'd] was the worst thing that could have happened because in 20 years I've never been watching the game. But you can't feel sorry for yourself. You have to get back to work. It was great to be able to spend two or three hours really understanding what you were doing wrong and how to correct it."

When the Yankees needed a pitcher after placing CC Sabathia on the DL, Lowe said it took him about 10 minutes to join the team he beat in Game 7 of the 2004 ALCS for the Red Sox.

"I was flying here and thinking, 'this reminds me of 2004,'" Lowe said. "It was my worst season I've ever had. I got taken out of the rotation and I was the 10th guy on the team. Then I was able to pitch Game 7 and Game 4 of the World Series."

LARRY FLEISHER
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In 17 games as a Yankee, Ichiro has hit in three lineup spots. He has batted eighth 14 times, seventh twice and led off once.

- **Yesterday he added a fourth,** as Girardi decided to slot him into the ninth spot.
- **Ichiro has appeared there just four games in his career for a total of five at-bats,** but Girardi said he sees the speed element similar to what the Yankees had when Brett Gardner batted ninth.
- **"We're just trying to break up the lefties,"** Girardi said. "It's not easy when four out of the last five guys are left-handed. It's just the way we chose to do it."

Mets will not shut down Santana soon

MIKE STOBE/GETTY IMAGES

▶ Shutting down Santana would open the door for the Mets to bring up prospects like Jenrry Mejia and Jeurys Familia.

With six and a half weeks remaining in the Mets' 2012 season, the organization has shifted toward player assessment for next year. At the top of the list resides Johan Santana.

"He's had one start after being out a month or three weeks," manager Terry Collins said prior to the Mets' 6-5 win over the Braves in the series finale Sunday night at Citi Field. "Any conversations we have about the future they're down the road. They're not going to be right now.

"We'll take a look after a few more starts and decide how he's feeling, if there's any more fatigue setting in," Collins said.

Santana was hammered for eight runs in 1 1/3 innings in Saturday's 9-3 loss to Atlanta. It was his first start after being placed on the 15-day DL with a sprained right ankle on July 21.

"I think for him it's frustrating because he knows what he can do," said catcher Josh Thole, who termed Santana's stuff as "strong" and "really good" Saturday night.

After missing all of last year recuperating from surgery on his left shoulder, Santana is 6-8 with a 4.58 ERA in 112 innings this season. But he is 2-8 with a 6.50 ERA since throwing the first no-hitter in franchise history in June.

His record, coupled with his health and the Mets' 8-20 record since the All-Star break had led Santana and Collins to broach the idea of the left-hander possibly being shut down for the season.

Collins moved away from that platform Sunday.

"I haven't talked to [general manager] Sandy [Alderson] about it," Collins said. "I haven't talked to [pitching coach] Dan [Warthen] about it. I have no plans at the immediate time of shutting Johan Santana down." **DENIS GORMAN**

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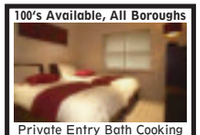
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